PINNED DOWN

CLOONEY'S NEW FLAME IS AN EX-WRESTLER

{page 12}

TORONTO metro®

Monday, August 8, 2011
www.metronews.ca
News worth sharing.

Obese woman writes obituary

Facing 10-year wait for surgery, mom expects to die **Her story goes viral thanks to obesity specialist's blog**

When Lillian Coakley told her weight-loss support group that she was on a 10-year waiting list for critical weight-reduction surgery, they were shocked. "People are going to die on this list," they told the 42-year-old Nova Scotia mother of two, who is on a list of more than 2,000 people in the province.

That mid-July day, a frustrated Coakley, who is five-foot-six and weighs 372 pounds, returned home and devised her "bitch to" list. She fired off the email to government and health officials, criticizing the health-care system for failing those with obesity issues.

In it, she included her own obituary, which noted that her body would be cremated, so that it would not be "carried away to her final resting place by a tractor."

Someone forwarded her message to obesity specialist Dr. Yoni Freedhoff of Ottawa, who posted part of it on his blog, Weighty Matters. Since then, it's gone viral. Amid the responses in cyberspace — where she has been lauded for her courage to speak out and lambasted for not trying hard enough to lose weight — came an offer to have the procedure done for free in Mexico.

"I'm really overwhelmed," Coakley said from Sackville, N.S., where the single mother lives with her sons, aged 23 and 13.

Coakley, who works for a customer-care call centre and earns about $24,000 annually, cannot afford treatment at a private clinic, where the procedure would cost upwards of $10,000.

TORSTAR NEWS SERVICE

London. Triathlon

▶ Vladimir Turbaevskiy of Russia and William Clarke of Britain exit the water after the swim leg of the Men's Elite race of the Dextro Energy Triathlon ITU World Championship Series in Hyde Park, London, yesterday. The races are being held over the full Olympic course for the first time, ahead of next year's London 2012 Olympics. Canada's Simon Whitfield and Kyle Jones are also in the competition.

RICHARD HEATHCOTE/GETTY IMAGES

Canadian athletes in elite company at championship

Spending

City's gravy drain?

List shows staff signed off on nearly $1M without proper authorization {page 3}

Home-court advantage

Four Canadian women in competition at Rogers Cup {page 23}

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Street. Festival

▶ Actors from the Rapier Wit, dressed as Greek fighters, create a battle scene yesterday. The performance was meant to promote the upcoming film Immortals, about a Greek warrior tasked with saving mankind and the gods.

RICK EGLINTON/TORSTAR NEWS SERVICE

It's all fun and games at Taste of the Danforth

Thousands came out for the Taste of the Danforth, where the smell of Greek-style cooking filled the air over the weekend. The streets were crowded, lines were long and there wasn't much space to sit, but festival-goers were happy to stand as they devoured watermelon, honey-soaked baklava and pitas filled with meat.

List keeps track of gravy drain

In first half of 2011, city staff signed off on spending nearly $1M without proper authorization

City staff improperly approved spending nearly $2.5 million of taxpayers' money on purchases since 2009, including $973,000 since penny-pinching Mayor Rob Ford took office.

As Ford searches for "gravy" to cut a large deficit, city officials this year hired a tai chi instructor for $3,674.

And staff have OK'd spending tens of thousands more on untendered contracts to a graphic-design company and a recruitment firm.

In each case, staff disobeyed rules that say they must get authorization before they spend money without seeking competitive bids — so-called sole-source purchases.

The city started to keep track of such "inappropriate" or "significant non-compliant" purchases in 2009. The Toronto Star obtained a copy of the list through freedom of information legislation.

The total amount spent last year was close to $1 million, and the number of unauthorized purchases appears to be rising.

Although no payments are made until the work is formally approved, the contractors have already started the work — work the city will have to pay for.

City spokesperson Wynna Brown said instances of staff breaking sole-source procedures are rare, totalling just 1.6 per cent of the 1,257 untendered purchases made in 2010.

However, the Star found several departments are repeat offenders. At the top of the list is the parks, forestry and recreation division, which has broken the spending rules 21 times in two years.

The reasons for the improper purchases range from administrative errors to the work being finished before the necessary paperwork is processed, Brown said. **TORSTAR NEWS SERVICE**

Accusation

Coun. Paul Ainslie accused some city divisions of skirting the policy intentionally to get around budgetary restrictions.

▶ He questioned why parks and rec sole-sourced thousands for a tai chi instructor, who gave three lessons a week at a North York community centre.

▶ "They flout the laws in purchasing ... and, in the next budget cycle, say: 'Look, we got our tai chi instructor, kids all love it ... we can't live without it now.'"

1 news

The self-proclaimed 'Spam King' of Facebook faces serious jail time. Scan code for story.

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Refine your palate with a beginner's guide to beer tasting. Video at metronews.ca

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Pet lovers ready to fight privatization

Consultant's report suggesting the city consider outsourcing Toronto Animal Services has created a furor

It's "cheaper to euthanize an animal than keep it in an animal shelter or find it a home."

And that's why no municipality should consider contracting out shelters to for-profit companies, says Nicholas Gilman, Montreal SPCA executive director.

"I hope that people recognize in Toronto the terrible problem we have had here with for-profit pounds," says Gilman.

He is referring to fallout from a CBC Radio-Canada Enquête investigation earlier this year in which a hidden camera was used to document questionable euthanasia practices at a for-profit animal pound that handled more than 30,000 animals a year under its contract with the City of Montreal.

Facebook

Rally planned. Laura Heslin, a University of Toronto zoology student and volunteer at Toronto Animal Services, says she and other supporters of Toronto Animal Services have started a Facebook page in support of the city animal shelter and have also planned a rally for Sept. 6 — probably in front of city hall, she says.

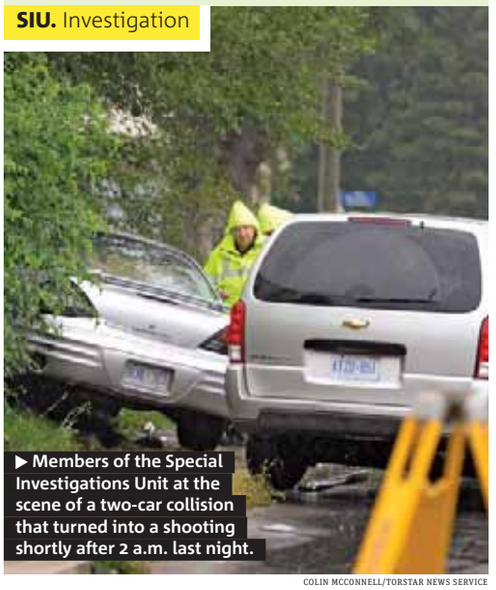
Unlike Montreal — which does not have a municipally run animal services facility — this city has Toronto Animal Services, which shelters and adopts animals, operates cat-sterilization clinics, responds to animal emergencies, issues licences and tags for dogs and cats, and more.

But for how long?

One of the recommendations contained in a KPMG consultant report to the City of Toronto, scheduled for executive committee review in September, is to consider outsourcing animal services.

TORSTAR NEWS SERVICE

SIU. Investigation



▶ Members of the Special Investigations Unit at the scene of a two-car collision that turned into a shooting shortly after 2 a.m. last night.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Collision turns into shooting

The SIU is piecing together details of what happened between a driver and plain-clothes police officers around 2 a.m. last night in Scarborough. Shane Maracle, 32, sustained a gunshot injury and was transported to hospital, said SIU spokeswoman Jasbir Brar. He was treated and released back into police custody. No charges have been laid.

Man being treated after fall from apartment balcony

A 21-year-old man has survived a six-storey fall from an apartment building balcony in Burlington.

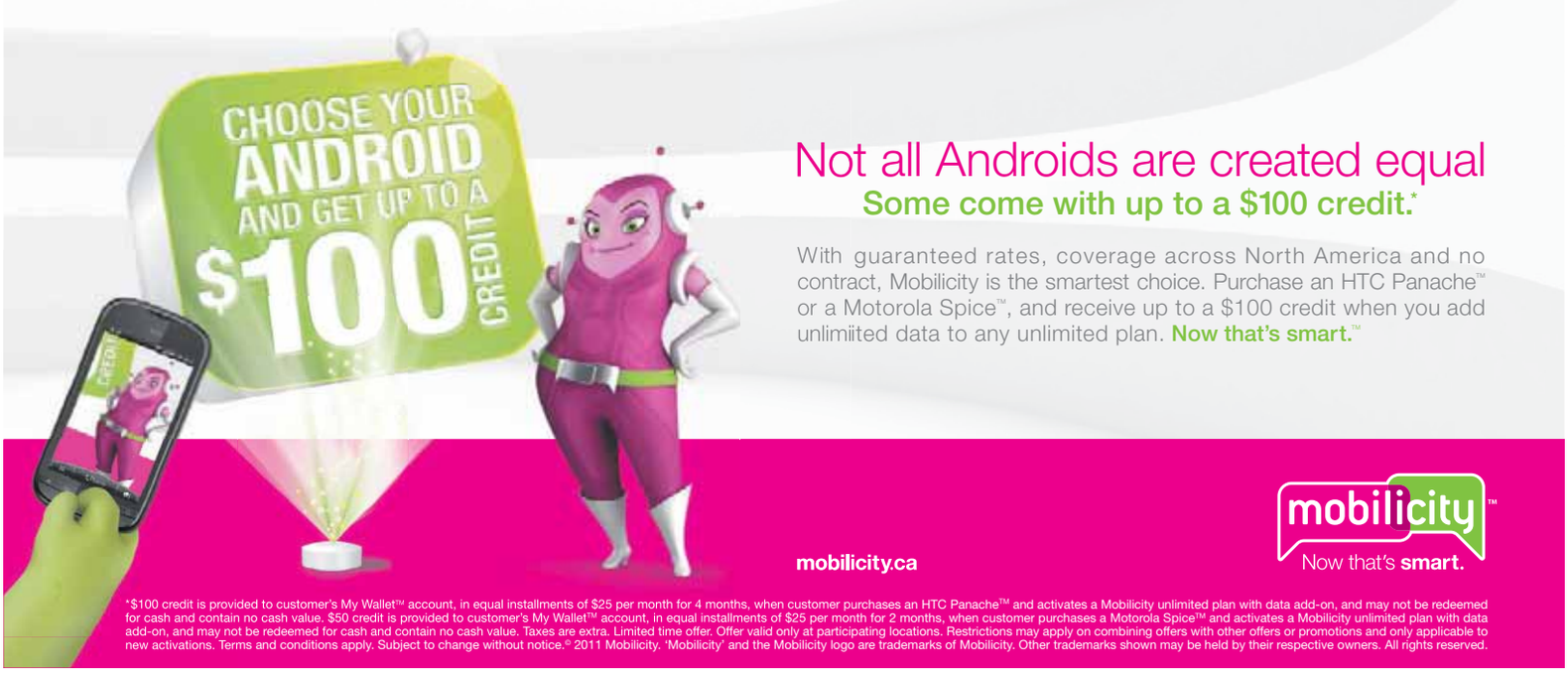
Halton police say the man and his girlfriend were guests at a small party at the apartment.

He sustained serious, but non-life threatening, injuries and is currently being treated at Hamilton General Hospital.

Officers are investigating an allegation that the man assaulted the host of the party just before he fell.

The host received a serious laceration to his leg and was treated at Joseph Brant Hospital.

THE CANADIAN PRESS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London brawls continue on to second night

Fire department says it dealt with 49 'primary' fires in Tottenham

Police deployed extra officers on London's streets to prevent a repeat of the rioting and looting in a deprived area amid community anger over a fatal police shooting, as new disturbances broke out in another district of the city late yesterday.

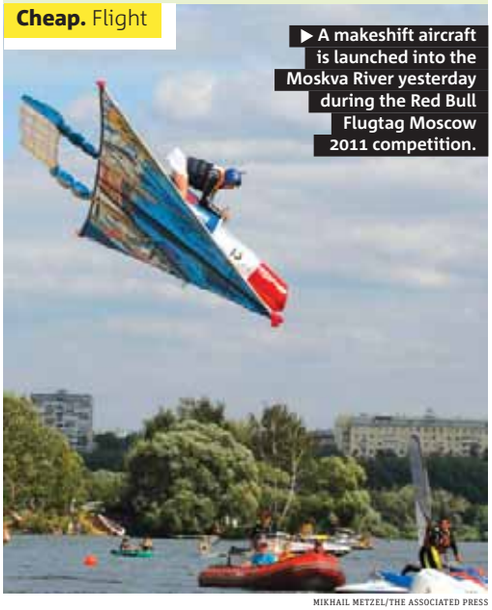
A peaceful protest against the killing of the 29-year-old man in north London's Tottenham area degenerated into a Saturday night rampage, with rioters torching a double-decker bus, destroying patrol cars and trashing a shopping mall in the nearby Wood Green district.

Disturbances broke out late Sunday in Enfield, about eight kilometres north of Tottenham. TV footage showed riot and mounted police patrolling the streets, and images showed smashed shop windows, and police with dogs detaining at least one man.

There were also reports that a police car was vandalized in Enfield. Sky News television reported that several hundred young people were on the streets causing trouble.

"We do have extra resources out tonight on duty across the capital," police commander Christine Jones said. THE ASSOCIATED PRESS

Cheap. Flight



▶ A makeshift aircraft is launched into the Moskva River yesterday during the Red Bull Flugtag Moscow 2011 competition.

MIKHAIL METZEL/THE ASSOCIATED PRESS

What goes up....

Red Bull Flugtag challenges ordinary people to build human-powered flying machines and pilot them off a 30-foot high deck in hopes of achieving flight. With varying levels of brilliance and stupidity every craft ends up in the water at some point.

Avatar buffs may give a lesson in languages

Na'vi or nerdy?

The hundreds of people around the world committed to learning Na'vi, the language created for the giant blue aliens in the blockbuster movie Avatar, apparently don't really care which they are.

A UBC professor who asked them about their commitment to the fictional language says she was astonished at the variety of responses. Christine Schreyer, whose specialty is actually extinct languages, said people trying to save their own languages could take some lessons from the Na'vi book. "They're so dedicated and they have these interesting ways of learning. So too could these endangered language communities pick up on that." THE CANADIAN PRESS

THE CANADIAN PRESS

▶ Neytiri and Jake in a scene from Avatar

64-year-old dies in NYC triathlon

One person has died and another is in critical condition after getting in trouble during the swimming portion of the Nautica New York City Triathlon.

Race Director Bill Burke says in a statement that a 64-year-old man died in yesterday's race. He didn't say how he died.

A 40-year-old woman was treated on the scene, then taken to hospital. THE ASSOCIATED PRESS

Miracle twins turn 10 years old

Reaching that first double-digit age of 10 is a milestone for any kid, but for these Guatemalan twins born conjoined at the head, it's cause for joyous celebration — they've repeatedly defied odds against survival at all.

The girls, Maria de Jesus (Josie) and Maria Teresa (Teresita) Quiej-Alvarez, garnered international attention when they were separated in 2002 in a 23-hour surgery that riveted the world as it unfolded at UCLA's Mattel Children's Hospital in California.

On Saturday the sisters celebrated their birthday in Malibu. Guests at the bash included members of the 50-person surgical team, as well as actor Mel Gibson, a long-time supporter of Mending Kids. THE ASSOCIATED PRESS

JAE C. HONG/THE ASSOCIATED PRESS

▶ Mel Gibson greets Teresita

Family argument in Ohio turns deadly

Authorities say a family argument in Ohio ended in the shooting deaths of eight people in two places, including an 11-year-old. Another person was wounded. Copley Township police Chief Michael Mier tells WKYC-TV one person shot five people to death in one location, then two more were killed nearby before police killed the shooter. THE ASSOCIATED PRESS

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Syrian troops step up crackdown

52 killed, according to human rights groups ◐ Toll likely to rise

Syrian forces intensified their crackdown on an eastern city yesterday as they try to keep the anti-government uprising from escalating during the Muslim holy month of Ramadan.

The worst violence was in the eastern city of Deir el-Zour, where troops stepped up a siege that had already been going on for days. At least 42 people were killed in a raid on the city that began before dawn, said Abdul-Karim Rihawi, the Damascus-based chief of the Syrian Human Rights League

The government's crackdown has left more than 1,700 dead, according to activists and human rights groups. President Bashar Assad's regime disputes the toll and blames a foreign conspiracy for the unrest.

THE ASSOCIATED PRESS

Video

- Amateur video posted online showed what it said were parts of Deir el-Zour with the sound of heavy gunfire and prayers blaring from loudspeakers.
- Another video showed Syrian troops on a hill as they positioned an anti-aircraft gun.

Halifax. Zombies

▶ A pirate zombie wanders through Camp Hill Cemetery at the beginning of the Halifax Zombie Walk 2011. Hundreds of the undead roamed the streets of downtown Halifax during the annual event.

RYAN TAPLIN/METRO

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PM eyeing trade deals

Brazil the focus • Tour includes Colombia, Costa Rica and Honduras

ADRIAN WYLD/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper departs for a six-day visit to South and Central America at the airport in Ottawa yesterday.

Prime Minister Stephen Harper left yesterday on a six-day swing through Latin America — first stop Brazil, now the world's seventh-largest economy.

Harper's main goal is to help boost trade between Canada and Brazil, but he will also talk about security in the region.

Under Harper, the Conservative government has tried to cement trade ties with Latin America and the Caribbean. According to a 2009 diplomatic cable from the U.S. embassy in Ottawa, published by WikiLeaks, a chat with former Australian prime minister John Howard got Harper thinking that Canada could hold more sway with the United States if his country had strong relations with other countries in the region.

"Harper had long been favourably impressed by Australia's ability to exert outsized influence with the U.S. in particular — and other powers as well — by emphasizing its relations in its own neighbourhood," the cable says. "PM Harper hoped to gain similar benefits for Canada by increased attention to Latin America and the Caribbean."

Some 400 Canadian companies operate in Brazil, which is Canada's 10th-largest trading partner. But Canada and Brazil do not have a free-trade agreement. Disputes over agriculture and aerospace have hampered trade talks.

THE CANADIAN PRESS

Bankers try to help Italy

The European Central Bank held an emergency telephone conference yesterday on how to fend off financial collapse in Italy.

A eurozone official said they were to discuss possible purchases of Italian government bonds — a risky move but one that could help drive down bond interest yields that are threatening the country's finances.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
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Oil	**Natural gas**
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	Gold contracts $1,651.80 (- $7.20)

MARKET CRISIS

Flaherty warns of turmoil

Finance Minister Jim Flaherty says the stock market turmoil may cause some turbulence for the Canadian economy. But Flaherty says Canada is well-positioned to withstand the "global headwinds."

He issued a statement this weekend responding to the uncertainty that sent stock markets into convulsions Thursday and Friday. He says Canada is "not an island" and may eventually be affected by the uncertainty about U.S. growth and Europe's continuing debt problems.

But Flaherty notes that Canada's budgetary position is among the strongest in the world and its financial systems remain strong.

THE CANADIAN PRESS

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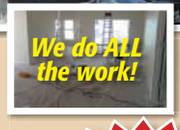

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LIA GRAINGER/METRO

▶ Open Roof Festival directors Burzin Contractor, left, Sandra Singer, Jordan Nahmias, Michael MacMillan

OUTDOOR FILM FESTIVAL OPENS TO NEW BEAT

URBAN COMPASS

LIA GRAINGER
METRO TORONTO

Dusk is falling on a hot summer night, and though the forecast called for rain, the 250-or-so people gathering in this gravel parking lot at the foot of Bathurst Street do so under clear skies.

The crowd mills about the makeshift outdoor venue, aproned by the brick Amsterdam Brewery to the west, the Gardiner to the south, and a giant white screen to the east. In a few minutes, they'll take their seats in the rows of foldout chairs, plastic cups of beer and brown bags of popcorn in hand, and watch the documentary film Waste Land beneath Toronto's darkening skies.

"This is an event for people who love this city and who love film," says Sandra Singer, one of the Open Roof Festival's four directors. The not-for-profit outdoor film and music fest began last summer as an impromptu outdoor film screening series, thrown together in mere weeks and inspired by Hot Doc's Rooftop Docs series.

We're not the first to do this, but we're the only one's doing it like this in Toronto," says Jordan Nahmias of the festival's unique set-up. The success of last year's venture inspired the organizers to become more than just an outdoor film series — Open Roof Films became Open Roof Festival, and each evening now begins with a local Toronto musical act. Tonight the crowd is being serenaded by the music of singer/songwriter Liam Titcomb.

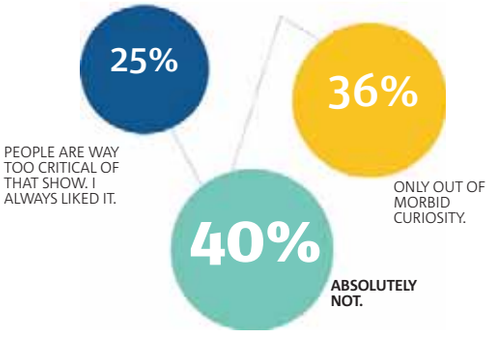
"There is just so much musical talent in the city, so we thought, why not make this more of a festival?" says Nahmias, pausing to glance at Titcomb. "He looks like a young John Mayer, doesn't he?" (He does).

The scene feels more like a street party than a night at the movies, what with the band, the beer, and the crowd of happily mingling 20- and 30-somethings. Yet as the film begins — a documentary about one Brazilian artist's efforts to help the residents of a Rio de Janiero garbage dump — it becomes apparent that this is more than just a good party, and that the films are still the main attraction. The festival's programmers have put together a thought-provoking and often Canadian selection of feature films and docs. There's the Banksy hit Exit Through the Gift Shop, Canadian favourite National Parks Project, and the shot-in-Toronto Kick-Ass, among many others.

"It's an eclectic mix," says Nahmias. "We don't necessarily go for new. We look for films that will appeal to our demographic — young people that are into culture."

Register at metropolitanpanel.ca and take the quick poll

Will you be watching the Ashton Kutcher-led Two & A Half Men?



Local tweets

- **@sabzpr:** Back from the Danforth. Didn't get any Greek food but had some yummy crab tempura!
- **@kk_deenie:** Got soaked from the rain at Taste of Danforth but the sun came blazing out after and made it all better. Food is soooo good!
- **@mrskoopz:** Taste of the Danforth should be called Waste of the Danforth. Who still goes now its so boring, all you do is walk through a million people.
- **@joyita_sengupta:** You know you've frequented Taste of the Danforth too much when the person handing you your lamb chop recognizes you.
- **@jcml86:** Hot and humid with a bout of torrential rain.. but good food and company prevail at Taste of the Danforth, 2011!
- **@stupidlyunknown:** I love when the weather is like half sunny & half way to looking like a thunderstorm . It looks sick
- **@stefanieneves:** I am so glad that my shoes that were put outside to dry yesterday weren't brought in until AFTER this morning's thunderstorm..... -.-
- **@blazingbetta:** THUNDER!!! My day just became more amazing.

Worth mentioning

STEM CELLS. A team of scientists has reported producing viable sperm using the stem cells of mice in an experiment that researchers hope could one day lead to treating infertile men.

The Kyoto University researchers managed to induce mice stem cells into creating sperm precursors, which were transplanted into infertile male mice. The mice then produced sperm that was successfully used to fertilize eggs in a lab dish.

The offspring were healthy and fertile, according to a paper published online in the scientific journal Cell.

Members of the research team, led by Mitinori Saitou, said they believe their success may help in the development of infertility treatments in humans.

Experts outside the group say it's an important first step toward infertility treatment although there would be a long way yet to go.

"This is a very good experiment for thinking about treatment of infertile man but a very very long way," said Toshio Suda, developmental biology professor at Keio University.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Off-the-rack performance enhancement?

Baseball seems to have come through its Steroid Era and is now apparently trying to avoid a Mammal Era.

Officials have warned players in both the major and minor leagues to stop using deer antler spray because it could be construed as a performance-enhancing drug.

The substance is taken from the antlers of young deer, ground up and manufactured into a spray which is ingested under the tongue.

According to Sports Illustrated, the velvet from young deer antlers contains an "insulin-like growth factor, which mediates the level of human growth hormone in the body."

IGF-1 has been banned by, among other groups, the World Anti-Doping Agency because one of its uses is to build muscle and cut fat.

Major league baseball, with a recent history tainted by tawdry stories of hitters and pitchers juicing to become stronger and faster, banned one specific brand because, according to Sports Illustrated's report, it has "potentially contaminated nutritional supplements," namely methyltestosterone, a banned steroid.

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HANDOUT

▶ Bryce Dallas Howard, seated centre, stars in The Help.

Howard needs no help

Despite her famous roots, Bryce Dallas Howard remains down to earth
Actress plays wealthy Mississippi socialite Hilly Holbrook in The Help

RICHARD CROUSE
SCENE@METRONEWS.CA

At the beginning of my interview with Bryce Dallas Howard she does something I've never experienced before in a celebrity sit-down. Curled up on a couch in Toronto's Park Hyatt Hotel, the four-and-a-half month pregnant star of The Help does something really un-celebrity-like — she offers to hold the microphone I'm using to record our chat.

It's a small thing, but it goes a long way to creating a portrait of the down-to-earth Golden Globe nominee, who is best known for roles in blockbusters like Spider-Man 3, The Twilight Saga: Eclipse and Terminator Salvation.

Surrounded by celebrity from birth — her father is TV icon Ron Howard — she has observed stardom up close and has strong opinions about fame.

"It's weird that we expect celebrities to behave like they're so entitled," she says. "I think it's because a lot of celebrities do, and that's just absurd."

This is coming from someone whose godfather is Henry Winkler, who once had Tom Cruise as a babysitter and first acted at age seven as an extra in one of her dad's movies.

"I've always been kind of fascinated by that subject because while I have closely observed celebrity I have always felt apart from it because I was raised outside of Hollywood," she says.

"Recently because of reality television the notion of celebrity and what people are famous for is changing," she adds.

I mention stars that parlay sex tapes into a showbiz career and she nods.

"I think unfortunately that is defining our time. I've never actually had this thought before, but I think it would be interesting to look back in history and see who the most iconic individuals of that time period were and then look at now, and perhaps be a little bit horrified."

When I ask if fame is important to her personally she is quick to answer.

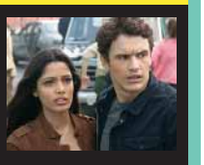
"No. Not at all. One of the things I feel most grateful for is that I don't live the life of a famous person."

Howard on Holbrook

▶ "She's an adult woman who is still behaving as though she's in high school. I think that at that time women didn't have that much power so that dynamic was very present because that was a way in which women kept control in society, whereas now it's much different and those kind of women don't need to act out in that sort of way."

2 scene

Box office



Apes have climbed to the top rung of the weekend box office. According to studio estimates Sunday, Rise of the Planet of the Apes took in $54 million to open as the No. 1 movie. That was more than analysts expected for the Apes prequel, though well below the $68.5 million opening of Tim Burton's Planet of the Apes remake.

THE ASSOCIATED PRESS

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Hot ex-wrestler pins down George Clooney

From brunette to blonde: One of Hollywood's most eligible bachelors rebounds nicely Pair plans to keep relationship private, says source

ALL PHOTOS GETTY IMAGES

▶ Stacy Keibler

▶ George Clooney

George Clooney is reportedly rebounding from Elisabetta Canalis with ex-wrestler Stacy Keibler, according to Us Weekly.

"It's more than just a fling," a source says of the pair, who have known each other for about four years.

"They're basically exclusive at this point. They like each other's sense of humour. Obviously they're both physically attracted to one another."

But the new couple apparently plans to keep things private when it comes to their relationship.

"I don't see her hitting any of the red carpets with him," the source adds.

METRO

▶ Denise Richards

'I did not steal someone's husband': Denise Richards

Denise Richards is using the press tour for her new memoir, the Real Girl Next Door, to clear up a few things about her past relationships — specifically, that she did not steal Richie Sambora from Heather Locklear.

Richards says that she and Sambora "were friends and we were both going through divorces, and that's what drew us to each other," according to Hollyscoop.

"I did not steal someone's husband. Did I date a former friend's ex-husband? Yes. Did I break up a marriage? No."

Richards started dating Sambora shortly after he divorced Locklear.

And besides, Richards insists there was no friendship with Locklear to ruin at the time.

"If I was still friends with her, that never would have happened with Richie," she says.

"There was no friendship anymore prior to Richie and I getting together." METRO

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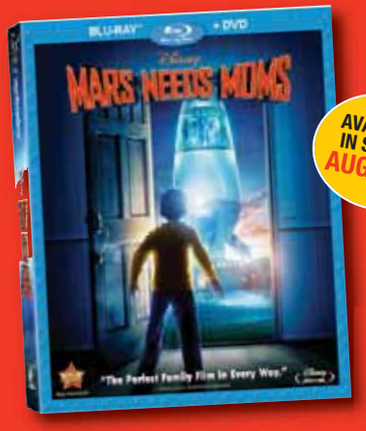

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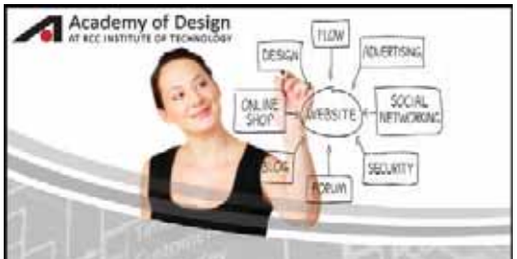

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ADVERTISING FEATURE

Product Hailed by Doctors as the Solution for Back Pain

Doctor developed decompression belt that significantly reduces back pain. Dr.Michael Ho announced, he is giving 50% off to all readers of the Metro Newspaper. Due to the Summer Sale, each household is limited to only 2 belts.

Save money and help relieve back pain: This week only. Get clinically proven back decompression belt for 50% off

By Marc Charron - *Health and Lifestyle*

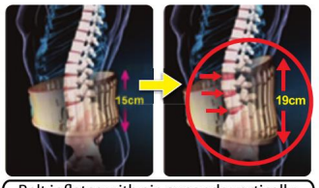
Back pain affects 80% of North Americans. It can also rob you of your happiness, where getting out of bed becomes a painful reminder of your bad back. While pills provide temporary relief, the condition can reoccur. The reason is because pills mask the symptoms and do not target the cause of the pain. Other treatments cost thousands of dollars or have substantial health risks. "That's why most people end up "living" with their bad back" - says Dr. Michael Ho.

Dr. Michael Ho is a doctor with over 20 years of clinical experience specializing in treating the cause of chronic back pain, including Scoliosis, Spinal Stenosis and Herniated / Bulging discs. His belief is to treat the cause of the problem so that patients get long term relief, earning him international recognition for his patient care and expertise.

"Many people have back pain due to spinal disc compression. This can result in back pain, which if left untreated, can lead to more serious conditions."

DRUG-FREE
DR-HO'S Decompression Belt will help relieve your back pain, naturally without the side-effects.

Dr. Ho has developed a back supporting decompression belt that can be used at home, allowing you to help relieve your back pain, while saving time and money. Dr.Ho's brand new Decompression Belt is endorsed by medical professionals and customers that have suffered with long-term, chronic back pain. "I have used many modalities to treat my patients, but nothing is as effective as the decompression belt. To effectively treat someone with back pain, the patient must receive treatment everyday for 6 - 8 weeks. People cannot afford the time or money to visit the doctor everyday. Therefore, your health suffers. I developed this belt because patients need a device they can use at home. By treating themselves daily, it will speed up recovery time and increase the overall effectiveness of the treatment. This belt can help protect and treat your back," says Dr.Ho.



Belt inflates with air, expands vertically, gently stretching, tractioning and relieving lower back pain

Dr.Michael Ho treats patient suffering with herniated disc, degenerated disc and over 10 years of back pain.

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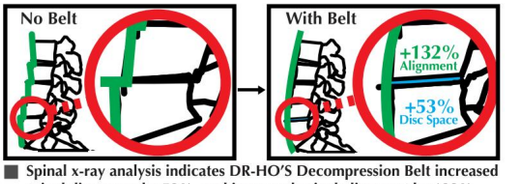

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An honestly funny book

Metro talks to the author of Go the F— to Sleep, which became a bestseller before it was released

DOROTHY ROBINSON
METRO WORLD NEWS

When novelist Adam Mansbach's baby daughter Vivian wouldn't go to bed, he took the phrase that ran through his head and decided to set it to a poem. He got his friend Ricardo Cortés on board to illustrate, and the result, the children's book Go the F— to Sleep, is now the publishing success of the year. Produced by the small Brooklyn press Akashic Books, the title reached No. 1 on the New York Times bestseller list — before it was even published. With 400,000 copies of the book in print, Mansbach is just as surprised as you.

Can you give readers a little backstory on the huge wave of popularity for the book?

I gave a reading from the book on April 23, months before it was to be published in October, just to try it out. It was at this art salon in Philadelphia and I was the last one to go on. I read after this 97-year-old tap dancer, which is a tough act to follow. People asked me about the book and I said they could preorder it on Amazon. The next morning, I thought to check it and before that reading we didn't even have an Amazon ranking, and when I checked it, it was at 125. I write novels — if they hover around the thousand mark when they're published, that's respectable.

So from that Amazon ranking, it just picked up.

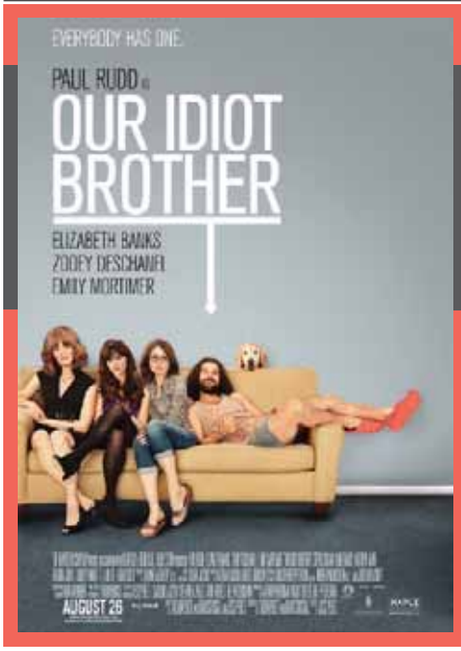
Right. The first wave of media followed and all they had to go on was a cover and a sample verse but it obviously hit a chord. Then PDFs we sent out to book-sellers leaked and they started ricocheting on the Internet. I've talked to people who told me they got the forward of the PDF 50 times. People thought it was part of a brilliant marketing campaign. Meanwhile, I was trying to file cease and desist orders.

Do you think anyone will actually read it to their baby?

I certainly hope not. I'm getting tons of e-mails saying they are going to give it as a baby shower gift or a Father's Day gift.

Are you doing a second book?

It's certainly tempting. But I don't want it to be a crappy book just to keep this thing going. This is good because it's an original idea. I want to reinvent something. But we are doing a G-rated version. Johnny (the book's publisher) has a five-year-old and a three-year-old. And he read it to his kids — he censored it while he went — and his kids thought it was hysterical. Kids get it — they know they are pulling all this s— on us.



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MAPLE PICTURES

IN THEATRES AUGUST 26

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Lemony summer pasta

This dish uses lemon juice & fresh herbs to take flavour to another level

Fresh pasta coated with cream, cheese and fresh-from-the-garden herbs makes a spectacular and refreshing light side dish or entrée. Fresh herbs are essential in this recipe to give it full flavour.

Ingredients:

- 50 ml (1/4 cup) butter
- 30 ml (2 tbsp) chopped fresh sage
- 15 ml (1 tbsp) crushed garlic
- 175 ml (3/4 cup) vegetable broth
- 375 ml (1 1/2 cups) 35 per cent whipping cream
- 30 ml (2 tbsp) fresh lemon juice
- 250 ml (1 cup) fresh or frozen small green peas
- 250 ml (1 cup) ricotta cheese
- Salt and freshly ground pepper, to taste
- 500 g (1 lb) fresh linguini
- 125 ml (1/2 cup) grated Parmesan cheese
- 50 ml (1/4 cup) finely chopped fresh basil or mint

Preparation:

1. In skillet, combine butter and sage; heat over medium-high heat, stirring constantly until butter melts and sage starts to sizzle. Add garlic; sauté for about 1 minute or until butter and garlic start to brown. Gradually pour in vegetable broth, cream and lemon juice; cook, stirring occasionally, for about 3 minutes or until slightly thickened. Stir in ricotta cheese and cook, stirring, until combined. Remove from heat.
2. In a large pot of boiling salted water, cook pasta according to package directions or until desired doneness. Drain.
3. Add pasta to cream sauce in pan; toss to coat. Sprinkle with Parmesan and basil; toss to coat. Season with salt and pepper. Serve..

THE CANADIAN PRESS/ TED GIBSON

▶ This recipes makes four main dishes or six side dishes.

THE CANADIAN PRESS/ CHEF PAUL ROGALSKI OF CALGARY'S ROUGE RESTAURANT FOR DAIRY FARMERS OF CANADA

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THIS CAPPUCCINO BLAST IS MADE WITH SOFT ICE CREAM, WHICH REDUCES THE CALORIES AND FAT.

FOR MORE VISIT ROSEREISMAN.COM

You don't always get what you pay for, especially when it comes to insurance

Are You Paying Too Much?

The motto "you get what you pay for" used to be true of most things, but the times, they are changin', and this is no longer true for many things, most notably car insurance. In fact, you could be paying hundreds, or even thousands of dollars more than you should for your coverage.

How is this possible? It is somewhat complicated to explain, but, to sum it up: Insurance companies base their rates on their experience with similar driver profiles and cars. Since no two companies' experiences are exactly the same, it is rare that different companies will give you the same potential insurance premium for your profile and car.

Experience Counts

It has been statistically proven that drivers over 50 years of age have fewer accidents and tickets than the average, and this means that there are more potential savings to be found for more experienced drivers. In fact, some companies actually specialize in serving the mature market, so it's definitely worth comparing rates.

Loyalty May Not Pay

If you are getting a loyalty discount you might be thinking that you are better off staying with your current insurance provider. This might be true, but it's impossible to be certain without doing some research. You just might find that the potential savings far outweigh any loyalty discount being offered.

InsuranceHotline.com is FREE, easy to use, and there is absolutely no obligation. Click, compare, and save today!

Rate Comparison FOR MORE VISIT ROSEREISMAN.COM

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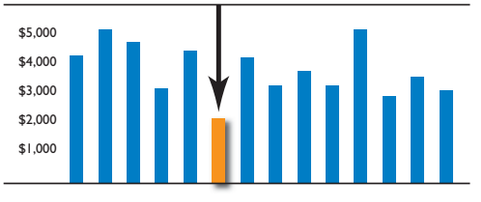
InsuranceHotline.com finds this rate for drivers – for FREE!



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Reading up on eco-friendly

Canadian firm now making greener, better books ◆ Taking a look at how to ensure a future for their readers

BEN KNIGHT
GREEN@METRONEWS.CA

Books are made of paper. Paper comes from trees. So how can a major book publishing company become environmentally friendly?

Scholastic Canada is one of this country's largest publishers — and distributors — of children's books and educational materials. The company has recently undertaken a broad range of eco-friendly initiatives, covering everything from the paper they use to the trucks that deliver their products.

"Books are not disposable or consumable products, used once and then thrown in the trash," says Wendy Graham, Scholastic's vice-president of education. "They are treasured, kept, shared, read and re-read, in homes, schools and libraries. Books, especially children's books, are very much re-used, and are also recyclable when they are worn out."

ISTOCK PHOTOS

▶ E-books and other digital platforms can pose environmental problems by using non-renewable resources.

Adhering closely to guidelines from the Forest Stewardship Council (FSC), Scholastic has set some ambitious environmental standards.

FSC paper is used whenever possible, and use of recycled materials is being pushed to the practical maximum.

"In whatever form we are producing books, we need to make sure that they are environmentally responsible and affordable for the masses," Graham says.

That's important, because newer publishing formats — e-books and other digital platforms — can also pose significant environmental problems.

"We need to realize that dedicated e-readers and the other small electronic devices on which digital books are read are created made from non-renewable resources: plastics, rare earths and other metals," notes Graham. "They are not easily recyclable when shiny new models come along."

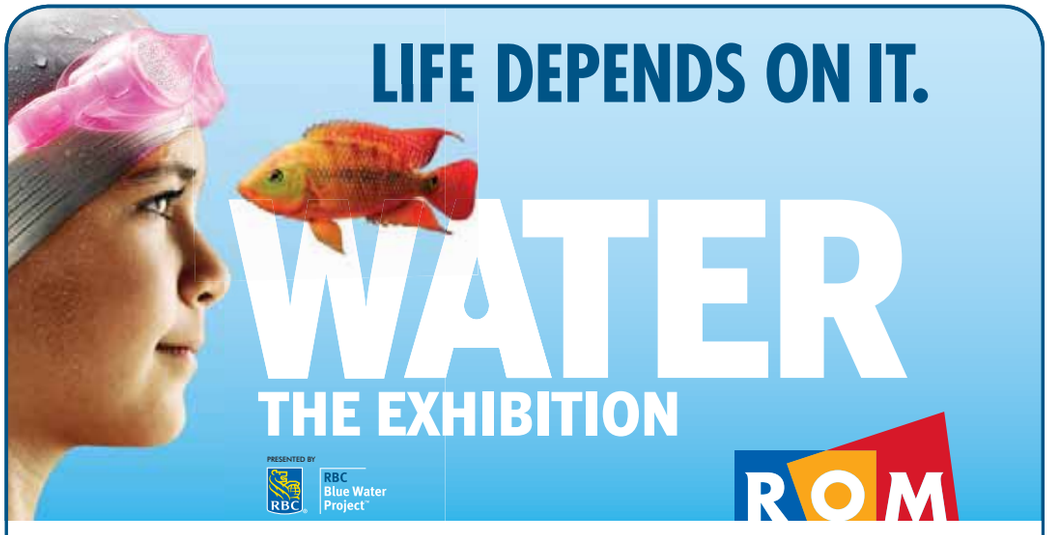
The commitment to eco-friendly paper goes all the way to the copying machines in Scholastic's offices.

Biodegradable plastic is used in packaging, and all delivery companies — large and small — have to be running clean, fuel-efficient vehicles. All this is necessary, Graham concludes, because books will continue to be an essential, hugely important part of education and the preservation of human knowledge — far into the future.

"Printed books are a technology that will be with us for some time."

"The concrete, physical experience of a book remains important for young readers. Its tactile, visual and linear nature is perfectly suited to quiet sharing and learning, and the development of early literacy skills."

For more info, check out scholastic.ca.



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They've got nothing to wine about

Ken Fielding and his son Curtis' business — like their award-winning wine — is only getting better with age

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

The accountant was blunt when Ken Fielding told him he was opening up a winery. "Are you mental? Why not just go out and buy a couple cases of wine?" But the one thing the accountant hadn't taken into consideration was the golden touch of business visionary Ken Fielding.

He got in on the ground floor when Subway Sandwiches started franchising and helped open 237 stores. His son Curtis was racing in the CASCAR circuit but during his off times would work on a farm. When his dad started talking about a winery Curtis was intrigued. That was six years ago and now Fielding Estate Winery is turning a profit, their wines are winning numerous awards and even the skeptical accountant is impressed.

HANDOUT

Curtis and Ken Fielding toast their success.

As Ken prepares to hand the reins of the business over to Curtis he is looking towards the future and creating new ventures.

His advice? "Buy a franchise. You have to stick with it. A lot of people quit too soon."

From Subway Sandwiches and stock cars to award-winning Canadian wine, Ken and Curtis Fielding have taken the checked flag and are on their way to the winner's circle.

Good grapes

Ontario wine facts:

- The Grape and Wine sector generates more than $100 million in wages and salaries
- The wine industry generates $533 million in retail sales (2010)
- More than 1 million people visit Ontario wineries every year
- 90 per cent of Ontario's grapes are grown in the Niagara Pennisula
- More than 15 million grape vines are planted in Ontario

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metronews.ca
MONDAY, AUGUST 8, 2011

BUY LOCAL

ISTOCKPHOTO/THINKSTOCK

▶ Being the middle of summer, shelves and bins at farmers' markets are filled with local fruits and vegetables that are fresh and full of flavour.

Can't beat farm-fresh taste

YLVA VAN BUUREN
FOR METRO

There's nothing like the taste of fresh, local food and nobody knows it better than Lynn Ogryzlo, a food and wine writer and author of The Ontario Table (Epulum Books, $29.95).

Of course, weather always is a factor on the farm. "For example, tomatoes are pretty hardy but they're also sensitive to a lot of rain. Some farmers lost their tomatoes with all of the rain we had in the spring. But the tomatoes that survived, oh my gosh, they're absolutely phenomenal right now!"

Being the middle of summer, says Ogryzlo, the tomatoes are just starting along with sweet corn, peaches, eggplant and peppers.

"There's also cabbage and beets, which are coming on earlier and earlier with new varieties, but especially this year because of the heat. Everything is just hopping all of a sudden."

The shelves at the market at Barrie Hill Farms in Barrie are filled with green and yellow beans, cantaloupes, tomatoes, new potatoes, pickling cucumbers, fresh dill and blueberries. "They're all in season right now," says owner Morris Gervais.

Further north in the province, you're seeing wild blueberries at roadside stands.

Why buy local? A lot of people believe it's a safer source of food, and there's nothing more transparent than local fruit and vegetable.

"I mean, you can meet the guy who grows the food," says Ogryzlo.

Other people say local tastes fresher and better; and it also benefits the environment to buy local.

Lifestyle is also a motivator. Increasingly, there are special farm lunches and meals in the country where you dine on local foods and meet the farmers who grew it.

While you want to enjoy all these fresh foods by eating them soon after you buy them, "more and more people are preserving in order to increase the amount of local food they eat, too," says Gervais, who runs a large pick-your-own blueberry operation.

To freeze blueberries, roll them out onto a cookie sheet, freeze and then pour into a freezer bag. Store in the freezer until a snowy day in December … then enjoy the taste of summer.

For more information, check out the availability guide from Foodland Ontario at foodland.gov.on.ca/english/availability.html.

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ONTARIO Yours to discover

Stories and recipes

Along with recipes, The Ontario Table provides stories about farmers, different farming regions in the province and even wine pairings. Here is a simple and delicious recipe to try.

Roasted Eggplant with Walnuts and Yogurt

Ingredients:

- 3 small eggplant, stems intact and sliced lengthwise
- 3 tbsp (45 mL) Ontario canola oil
- ½ onion, minced
- 2 garlic cloves, minced
- 2 tbsp (30 mL) Ontario yogurt
- ½ cup (125 mL) orchard walnuts, chopped
- 3 tbsp (45 mL) garden coriander, finely chopped
- Ontario salt

Preparation:

1 Preheat oven to 350 F (180 C). Lay the eggplant on a baking dish in a single layer and sprinkle with canola oil, onion and garlic. Season and bake for 40 to 45 minutes.

2 Remove from oven and lay on a platter. Season again and drizzle with yogurt, walnuts and coriander. Serve warm.

NOTE: If you can't find baby eggplant, ask your favourite farmer to pick them early for you.

Chefs staying closer to home

Andreas Antoniou is passionate about fresh, local produce. His new restaurant in downtown Toronto, Estiatorio Volos, specializes in Greek cuisine made from fresh, local ingredients.

"Fresh equals flavourful," he says. "I also believe that a diet of fresh food is much healthier."

Volos is just the latest in a long list of restaurants, caterers and food services specializing in local produce. This growth comes as no surprise, given increased consumer demand for locally produced food.

"Many Greek dishes are made from fresh ingredients that aren't available in Canada," says Antoniou. "Using local, fresh produce, our chef creates new dishes that are inspired by traditional Greek cuisine."

The trend has also led to a number of collaborations among tourism agencies, food producers, restaurants and retailers. Led by the provincial government, Savour Ontario is a partnership of public and private groups keen to promote Ontario food products.

For a list of restaurants and caterers specializing in local produce, visit savourontario.ca/

PETER DOYLE

Horiatiki (Village) Salad

"This salad is what summer tastes like," says Andreas Antoniou, owner of Toronto's Estiatorio Volos. "The only dressing you need is a little top-quality olive oil — we source ours directly from Crete. Some people also like to add a sprig of fresh oregano."

Ingredients:

- Three varieties of tomato: Flavorino, cherry and yellow heirloom
- Cucumber
- Bell pepper
- Red onion
- Kalamata olives
- Feta cheese

Many factors contribute to ‘fresh food’ trend

- More people becoming ‘locavores’
- Communities, farmers prosper

PETER DOYLE
FOR METRO

The popularity of the buy local trend continues to grow in Ontario. Although its precise origins are rather murky, the trend involves buying products — especially food products — that originate near the point of sale.

Many factors contribute to the trend’s popularity: A desire to see local merchants and communities prosper, for instance.

There is also an environmental rationale: Buying local reduces the amount of fossil fuels consumed — and greenhouse gases generated — to transport goods to market.

The benefits of buying local are most obvious with food products. The taste of fruits and vegetables, for example, tends to deteriorate over time — nothing beats farm-fresh produce, after all. There’s even a word to describe converts to movement: Locavores.

Locavores, along with regular folk who prefer fresh produce, are responsible for the remarkable popularity of local farmers’ markets across Ontario. According to the independent association Farmers’ Markets Ontario, the province’s 160 farmers’ markets generate nearly $700 million in sales annually. Most operate from May through the end of October and approximately 10 new markets open each year.

Many buy local advocates link farmers’ markets with multiple health and social benefits. The markets enable consumers to meet farmers and learn about how foods are produced, for example, and about organics, pesticides and herbicides. The markets also promote a sense of community — neighbours buying from neighbours.

JUPITERIMAGES/PHOTOS.COM/THINKSTOCK

▶ According to the independent association Farmers’ Markets Ontario, the province’s 160 farmers’ markets generate nearly $700 million in sales annually.

The buy-local phenomenon is clearly linked to another trend: Taking control of the family diet by learning about the foods we eat. Two recent books are part of this trend: Barbara Kingsolver’s Animal, Vegetable, Miracle; and the 2007 best-seller 100 Mile Diet: A Year of Local Eating (written by two Vancouverites).

It’s important to note the trend extends well beyond Ontario’s major cities. A group of grocery stores near Kitchener chose to leave the Sobeys chain rather than abide by strict rules about where they could buy some of their foods. The Hometown Grocers’ Co-op now includes stores in Arthur, Durham, Elora, Palmerston and Harriston.

Local markets

Given the role they have played in the history of cities across Ontario, it comes as no surprise that many farmers’ markets are the centre of thriving neighbourhoods. In recent years, many smaller markets have sprung up in response to increased demand for local produce.

- **The Stop** (Christie and St. Clair, Saturday mornings)
- **Dufferin Grove** (Bloor and Dufferin, Thursday afternoons)
- **Riverdale Farm** (end of Carleton Street, Thursday afternoons)
- **Leslieville Farmers’ Market** (Jonathan Ashbridge Park, Queen Street East between Greenwood and Coxwell, Sundays)
- **Conscious Food Festival** (Fort York, Aug. 13, 11 a.m. to 8 p.m.; Aug. 14, 11 a.m. to 6 p.m. For more, see consciousfoodfestival.ca/)

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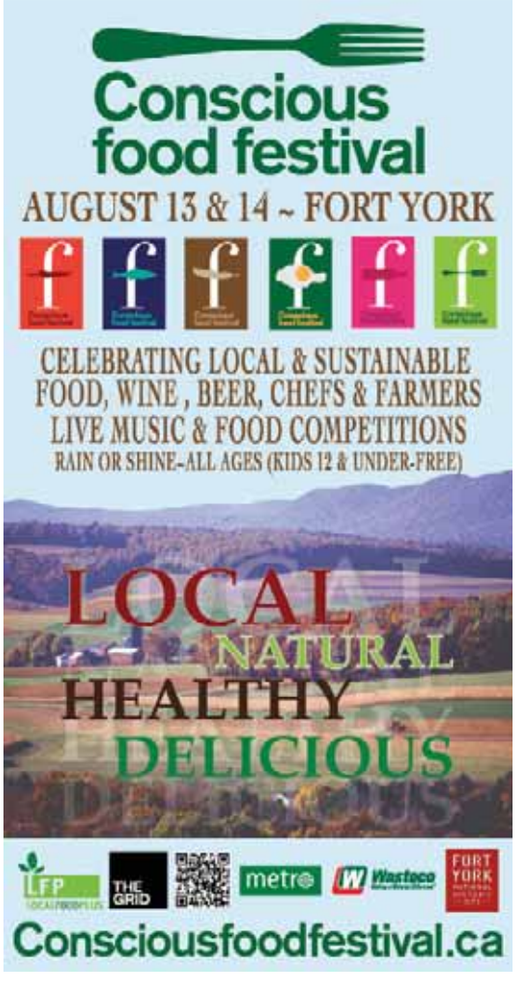

4 sports

Lawrie makes a statement

Highly touted Jays prospect shows what he can do in first weekend in the major leagues

Brett Lawrie stood in front of his locker with two baseballs in his hand, one from his first major league hit and one from his first major league home run.

He'd just finished his first series in the major leagues and if you ask him if his debut was as expected, he can't answer.

"It's kind of weird when you get asked that because you don't know what's going to happen because it's a baseball game and anything can happen," said the 21-year-old from Langley, B.C. "I'm just glad I got my first hit out of the way and we won a couple of ball games."

Lawrie seems one to let his actions speak louder than his words, not given to grand pronouncements about himself or his game or his abundant skills.

But a 5-for-11 weekend with a homer and two RBIs are a rather emphatic statement that he's ready to fit in.

"I think any time you talk about expectations on any given player, typically they're never any higher than the individual's own expectations," said Jays manager John Farrell after his team beat the Baltimore Orioles 7-2 in the rubber game of a three-game series.

"He had a lot of fanfare and will certainly have even more when we get back home but to step right in and contribute like he did … what can you say? The guy has tremendous bat speed, tremendous power and he showed a glimpse of that this series here."

It would appear Lawrie knows how to make amends, too.

He swung and missed at a pitch with the hit-and-run on in the sixth inning of yesterday's game, leaving John McDonald an easy out trying to steal second base.

Right after, he took a 2-1 pitch from Oriole starter Alfredo Simon and deposited it in the right-centre field bleachers, 403 feet from home plate and the first of what should be many major league homers.

"I know it's just a three-game look at Brett but this is extremely exciting," said Farrell.

Lawrie handled himself well in the field, too. A converted third baseman, he kicked the first ball hit to him in Friday's series opener but made all six plays effortlessly by yesterday.

"I feel very comfortable out there, today felt more comfortable than the last day and I think every day I go out there it's going to be more comfortable," said Lawrie.

TORSTAR NEWS SERVICE

"It's going to be fun. I hope a lot of people come out."
BRETT LAWRIE, ON MAKING HIS DEBUT AT ROGERS CENTRE TOMORROW

GAIL BURTON/THE ASSOCIATED PRESS

▶Brett Lawrie and Rajai Davis celebrate scoring against the Orioles on a double by Jose Bautista yesterday.

Quoted

"This is amazing. That's the best thing that's happened in my life."
LUIS CONTRERAS, WHO RODE PENDER HARBOUR TO VICTORY IN THE $500,000 BREEDERS STAKES YESTERDAY. THAT MADE CONTRERAS THE FIRST JOCKEY EVER TO WIN ALL THREE CANADIAN TRIPLE CROWN RACES ABOARD TWO HORSES.

Romero stays hot

Ricky Romero pitched eight innings of four-hit ball as the Blue Jays cruised past the Baltimore Orioles 7-2 yesterday.

- John McDonald had three hits and two RBIs for the Blue Jays, who took two of three from the Orioles and have won seven of 11 overall.
- Romero (10-9) struck out five and walked none to win his third straight start, a streak that began on July 27 with a victory over Baltimore.
- "You can't overstate what Ricky did today in probably close to 100 degree temperatures, or it felt like it," manager John Farrell said. THE ASSOCIATED PRESS

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MATTHEW LEWIS/GETTY IMAGES

▶ Rebecca Marino will be one of six Canadians in Rogers Cup competition.

Our home and native court

Four Canadian women and two men will have advantage of fan support at Rogers Cup events

Canadian tennis players at the Rogers Cup might not be household names, but one of the tournament's directors says the benefit of playing on home soil could be a great equalizer.

Qualifying wrapped up yesterday for the event that will have the draws played simultaneously for the first time, with the women competing in Toronto and the men in Montreal.

Four Canadian women and two men are sprinkled throughout the lineup, but the country's biggest tennis star won't be in action as Milos Raonic continues to recover from hip surgery.

Despite Raonic's absence, Toronto tournament director Karl Hale says tennis enthusiasts can expect a good showing from the homegrown talent.

"The Canadian players are right up there with the stars when they're playing (at the Rogers Cup) because they have all the fan support behind them," Hale said yesterday.

Fichman out

Toronto's Sharon Fichman failed to advance to the main draw of the Rogers Cup yesterday, falling 6-3, 6-1 to Simona Halep of Romania in the final round of rain-delayed qualifying at Rexall Centre.

▶ Fichman, ranked 187th in the world, started strong yesterday, leading 2-0 in the first set before Halep broke her serve three times.

Canada's best hope might lie with Rebecca Marino. The 20-year-old from Vancouver is ranked 41st in the world and takes on Ekaterina Makarova in the first round. A win there would set up a match with the eighth-seeded Francesca Schiavone.

"We think (Marino) has a really strong upside so we hope she can get through that match and go a long way in the tournament," Hale added.

Defending champion and No. 1 seed Caroline Wozniaki headlines a wide open women's field along with Kim Clijsters, Vera Zvonareva, Victoria Azarenka, Maria Sharapova, Li Na and Venus and Serena Williams. In all, the top 20 players on the WTA tour will be in Toronto.

Stephanie Dubois of Laval, Que., takes on a qualifier in the first round, and Aleksandra Wozniak of Blainville, Que., meets Shahar Peer. Meanwhile, Eugenie Bouchard of Westmount, Que., will take on No. 11 seed Andrea Petkovic.

Hale noted there is a different buzz in the air at both Rexall Centre in Toronto and Uniprix Stadium in Montreal when a Canadian is on the court.

"You can see with the success of (Raonic), how important it is to Canadians to have a hero we can watch," Hale said.

THE CANADIAN PRESS

Flashes of the old Woods, but end result falls short

Tiger Woods finished his first tournament in four months and got some predictable results.

At times, he looked good. Far more often, he looked ordinary. And with no cut in the Bridgestone Invitational, he got in four rounds going into the final major of the year.

Woods lost momentum of a good start by losing his swing in the middle of the round, then pieced it together at the end for an even-par 70 yesterday that left him in the middle of the pack on a Firestone course where he is a seven-time winner.

"I had it in spurts this week," Woods said. "I hit it really well, and then I'd lose it and get it back."

Even so, the guy who said he wouldn't play if he didn't think he could win found a few positives out of his first time playing golf since May 12 because of injuries, and his first time completing 72 holes since April at the Masters.

"It's nice for me to get out there in this competitive atmosphere no matter how I was playing just to figure out how to score, because I haven't been forced to score."
TIGER WOODS

"Absolutely encouraged," said Woods, who finished at 1-over 281. "I hadn't played. I mean, this is my first tournament since, what, April? So it's been awhile."

Woods, 13 shots out of the lead when he began the final round, had birdies on two of his opening five holes when it fell apart in a hurry. He went left off the tee at No. 6, escaped decently into a bunker, then barely got out of the sand chipped long on his way to a double bogey.

So began a stretch in which he missed the fairway on seven consecutive tee shots, a stretch he played in 5-over par.

"I got off to such a great start," he said. "Then all of a sudden, I just absolutely lost it."

Woods finished strong with three birdies on his last four holes, starting with a 15-foot putt on the 15th, a wedge to four feet on the 16th and a 15-footer on the 17th.

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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	69	43	.616	—
New York	69	43	.616	—
Tampa Bay	59	54	.522	10½
Toronto	58	56	.509	12
Baltimore	44	67	.396	24½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	61	53	.535	—
Cleveland	56	55	.505	3½
Chicago	55	58	.487	5½
Minnesota	51	63	.447	10
Kansas City	49	65	.430	12

WEST DIVISION

	W	L	Pct	GB
Texas	63	51	.553	—
Los Angeles	63	52	.548	½
Oakland	51	63	.447	12
Seattle	49	64	.434	13½

Yesterday's results
Toronto 7 Baltimore 2
Oakland 5 Tampa Bay 4 (10 ings)
Chicago White Sox 7 Minnesota 0
Kansas City 4 Detroit 3
L.A. Angels 2 Seattle 1
Cleveland at Texas
N.Y. Yankees at Boston

Saturday's results
Boston 10 N.Y. Yankees 4
Baltimore 6 Toronto 2
Chicago White Sox 6 Minnesota 1
Detroit 4 Kansas City 3
Oakland 8 Tampa Bay 0
Cleveland 7 Texas 5
Seattle 5 L.A. Angels 1

Tonight's games
All Times Eastern
Chicago White Sox (Danks 4-9) at Baltimore (Guthrie 5-15), 7:05 p.m.
Boston (Wakefield 6-4) at Minnesota (S.Baker 8-6), 7:10 p.m.
Kansas City (Hochevar 8-8) at Tampa Bay (Hellickson 10-7), 7:10 p.m.
Seattle (Furbush 2-3) at Texas (M.Harrison 9-8), 8:05 p.m.

Tomorrow's games
Chicago White Sox at Baltimore, 7:05 p.m.
Detroit at Cleveland, 7:05 p.m.
L.A. Angels at N.Y. Yankees, 7:05 p.m.
Oakland at Toronto, 7:07 p.m.
Kansas City at Tampa Bay, 7:10 p.m.
Seattle at Texas, 8:05 p.m.
Boston at Minnesota, 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	74	40	.649	—
Atlanta	66	49	.574	8½
New York	56	57	.496	17½
Florida	55	59	.482	19
Washington	55	59	.482	19

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	65	50	.565	—
St. Louis	62	53	.539	3
Cincinnati	55	59	.482	9½
Pittsburgh	54	59	.478	10
Chicago	49	66	.426	16
Houston	37	77	.325	27½

WEST DIVISION

	W	L	Pct	GB
San Francisco	63	52	.548	—
Arizona	62	52	.544	½
Colorado	53	62	.461	10
Los Angeles	52	61	.460	10
San Diego	51	64	.443	12

Yesterday's results
Atlanta 6 N.Y. Mets 5
St. Louis 8 Florida 4
San Diego 7 Pittsburgh 3
Milwaukee 7 Houston 3
Cincinnati 8 Chicago Cubs 7
Washington 3 Colorado 2
San Francisco 3 Philadelphia 1
Arizona 4 L.A. Dodgers 3

Saturday's results
Chicago Cubs 11 Cincinnati 4
Philadelphia 2 San Francisco 1
Milwaukee 7 Houston 5
San Diego 13 Pittsburgh 2
N.Y. Mets 11 Atlanta 7
St. Louis 2 Florida 1
L.A. Dodgers 5 Arizona 3
Colorado 15 Washington 7

Tonight's games
All Times Eastern
Atlanta (D.Lowe 6-10) at Florida (Hand 1-3), 7:10 p.m.
Colorado (Hammel 6-11) at Cincinnati (H.Bailey 6-5), 7:10 p.m.
San Diego (Stauffer 7-8) at N.Y. Mets (Pelfrey 6-9), 7:10 p.m.
Washington (Wang 0-2) at Chicago Cubs (Garza 5-8), 8:05 p.m.
Houston (W.Rodriguez 7-8) at Arizona (D.Hudson 11-7), 9:40 p.m.
Philadelphia (Halladay 14-4) at L.A. Dodgers (Kuroda 7-13), 10:10 p.m.
Pittsburgh (Morton 8-6) at San Francisco (Vogelsong 9-1), 10:15 p.m.

BLUE JAYS 7, ORIOLES 2

Toronto	ab	r	h	bi	Baltimore	ab	r	h	bi
RDavis lf	5	1	0	0	Andino ss	4	0	1	0
YEscor ss	5	0	1	0	Markks rf	3	0	1	0
Bautist rf	5	0	1	2	AdJons cf	4	0	0	0
Lind dh	5	0	0	0	Guerrr dh	4	0	0	0
Encrnc 1b	4	2	3	0	MrRynl 1b	3	2	2	2
Rasms cf	4	1	2	0	Reimld lf	3	0	0	0
Arencii c	4	1	1	2	Tatum c	3	0	0	0
JMcDnl 2b	4	0	3	2	J.Bell 3b	3	0	0	0
Lawrie 3b	4	2	2	1	Clzturs 2b	1	0	0	0
					BDavis 2b	2	0	1	0
Totals	40	7	13	7	Totals	30	2	5	2

Toronto	002	301	010 — 7
Baltimore	000	010	100 — 2

E—J.Bell (1). DP—Toronto 2. LOB—Toronto 6, Baltimore 2. 2B—Bautista (19), Encarnacion (28), Rasmus (4), Arencibia (13), Jo.McDonald (6), Andino (12), B.Davis (3). HR—Lawrie (1), Mar.Reynolds 2 (26). SB—R.Davis (34). CS—Jo.McDonald (4).

Toronto	IP	H	R	ER	BB	SO
R.Romero W,10-9	8	4	2	2	0	5
Janssen	1	1	0	0	0	1
Baltimore						
Simon L,3-5	5 2-3	10	6	4	0	3
Bergesen	3	3	1	1	0	4
M.Gonzalez	1-3	0	0	0	0	0

HBP—by R.Romero (Markakis).
Umpires—Home, Bob Davidson; First, Lance Barrett; Second, Brian Knight; Third, Jerry Layne.
T—2:25. A—13,824 (45,438).

SATURDAY

ORIOLES 6, BLUE JAYS 2

Toronto	ab	r	h	bi	Baltimore	ab	r	h	bi
YEscor ss	3	0	0	0	Andino ss	3	2	0	1
EThms lf	4	0	0	0	Markks rf	4	0	0	0
Bautist rf	3	0	0	1	AdJons cf	4	1	2	4
Lind 1b	4	0	1	0	Guerrr dh	3	0	0	0
Encrnc dh	3	0	1	0	Wieters c	3	0	0	0
Rasms cf	3	1	1	1	MrRynl 1b	3	0	0	0
A.Hill 2b	3	0	0	0	Reimld lf	3	1	1	0
JMolin c	2	1	0	0	J.Bell 3b	2	1	0	0
Lawrie 3b	3	0	1	0	BDavis 2b	3	1	1	0
Totals	28	2	4	2	Totals	28	6	4	5

Toronto	010	001	000 — 2
Baltimore	000	004	02x — 6

E—Rasmus (1), Y.Escobar (10). DP—Baltimore 2. LOB—Toronto 2, Baltimore 0. HR—Rasmus (1), Ad.Jones (20). SF—Bautista.

Toronto	IP	H	R	ER	BB	SO
Morrow L,8-6	7 2-3	4	6	3	1	6
Camp	1-3	0	0	0	0	0
Baltimore						
Tillman W,3-4	7	4	2	2	1	5
Ji.Johnson H,15	1	0	0	0	0	2
Gregg	1	0	0	0	0	0

HBP—by Morrow (Andino), by Tillman (Y.Escobar).
Umpires—Home, Jerry Layne; First, Bob Davidson; Second, Lance Barrett; Third, Brian Knight.
T—2:09. A—19,396 (45,438).

GOLF

WGC BRIDGESTONE INVITATIONAL

At Akron, Ohio
Par 70
Final Round

Adam Scott, $1,400,000	62-70-66-65—263
Rickie Fowler, $665,000	68-64-69-66—267
Luke Donald, $665,000	68-69-64-66—267
Jason Day, $332,500	63-70-66-69—268
Ryo Ishikawa, $332,500	67-68-64-69—268
Kyung-tae Kim, $215,000	66-72-66-66—270
Zach Johnson, $215,000	70-68-64-68—270
Rory McIlroy, $215,000	68-68-67-67—270
Lee Westwood, $152,500	67-71-68-65—271
David Toms, $152,500	68-68-68-67—271
Aaron Baddeley, $117,333	68-70-69-65—272
Fredrik Jacobson, $117,333	68-66-67-71—272
Martin Laird, $117,333	66-67-67-72—272

NATIONWIDE COX CLASSIC

At Omaha, Neb.
Par 71
Final Round

J.J. Killeen	66-64-63-69—262
Jonas Blixt	69-67-63-64—263
Ken Duke	66-63-68-66—263
Gary Christian	72-62-64-65—263
Danny Lee	64-67-66-66—263
Matt Davidson	67-65-68-64—264
Matt Weibring	63-70-66-66—265
Russell Knox	64-65-68-68—265
Marco Dawson	65-68-68-65—266
Adam Bland	64-67-69-66—266
Troy Kelly	65-71-62-68—266
Also	
Bryan DeCorso	**72-64-64-69—269**
Richard T. Lee	**70-65-71-67—273**

CHAMPIONS 3M CHAMPIONSHIP

At Blaine, Minn.
Par 72
Final Round

Jay Haas, $262,500	64-69-68—201
Kenny Perry, $128,333	66-70-66—202
Tom Lehman, $128,333	65-69-68—202
Peter Senior, $128,333	65-67-70—202
Hal Sutton, $84,000	67-69-67—203
Tom Watson, $66,500	69-70-65—204
Mark O'Meara, $66,500	68-68-68—204
Olin Browne, $40,056	71-71-63—205
Joey Sindelar, $40,056	66-74-65—205
Hale Irwin, $40,056	67-72-66—205
Also	
Jim Rutledge, $11,834	**72-70-67—209**
Rod Spittle, $11,834	**65-72-72—209**

CFL

WEEK SIX

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	6	5	1	0	152	113	10
Montreal	6	4	2	0	195	152	8
Hamilton	6	3	3	0	152	144	6
Toronto	6	1	5	0	128	178	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	6	5	1	0	169	127	10
Calgary	6	4	2	0	149	137	8
B.C.	6	1	5	0	150	172	2
Saskatchewan	6	1	5	0	112	184	2

Saturday's result
Calgary 32 Hamilton 20
Friday's results
B.C. 24 Saskatchewan 11
Winnipeg 28 Edmonton 16
Thursday's result
Montreal 36 Toronto 23

SATURDAY

TICATS 20 AT STAMPEDERS 32

At Calgary
First Quarter
Cal — TD Taylor 25 pass from Burris (Paredes convert) 4:09
Ham — FG Medlock 52 7:34
Cal — FG Paredes 35 10:49
Ham — TD Stala 7 pass from Glenn (Medlock convert) 12:56
Second Quarter
Ham — TD Cobourne 6 run (Medlock convert) 9:01
Cal — FG Paredes 21 13:00
Ham — FG Medlock 42 15:00
Third Quarter
Cal — TD Reynolds 1 run (Paredes convert) 5:32
Cal — Single Dales 74 8:29
Cal — FG Paredes 35 12:28
Fourth Quarter
Cal — Single Paredes 54 2:17
Cal — TD Cornish 3 run (Paredes convert) 13:59

Hamilton	**10**	**10**	**0**	**0**	**20**
Calgary	**10**	**3**	**11**	**8**	**32**

Attendance — 29,307.
TEAM STATISTICS

	Ham	Cal
First downs	21	25
Yards rushing	71	88
Yards passing	211	341
Total offence	282	429
Team losses	0	2
Net offence	282	427
Passes made-tried	20-34	27-39
Return yards	74	147
Intercepts-yards by	0-0	1-0
Fumbles-lost	0-0	0-0
Sacks by	0	0
Punts-average	8-42.8	5-54.4
Penalties-yards	7-81	6-92
Time of possession	26:32	33:28

Net offence is yards passing, plus yards rushing, minus team losses such as yards lost on broken plays.
INDIVIDUAL STATISTICS
Rushing: Ham — Cobourne 15-67, Glenn 1-2, Porter 1-2; Cal — Reynolds 10-41, Burris 2-22, Cornish 4-19, Tate 3-6.
Receiving: Ham — Kelly 5-92, C.Williams 6-48, Stala 3-31, Brown 1-13, Thigpen 2-8, Cobourne 1-8, Mackay 1-7, Grant 1-4; Cal — Lewis 7-87, Forzani 2-68, Reynolds 4-47, Cornish 2-44, Taylor 4-37, Arthur, 3-25, Bryant 3-13, Talley 1-12, Parker 1-8.
Passing: Ham — Glenn 20-34, 211 yards, 1 TD, 1 int; Cal — Burris 27-39-341-1-0.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	23	9	7	7	24	22	34
Philadelphia	22	8	5	9	27	20	33
Kansas City	23	7	7	9	32	30	30
New York	24	6	6	12	37	33	30
Houston	23	6	7	10	28	28	28
D.C. United	21	6	6	9	29	33	27
New England	23	4	10	9	22	33	21
Toronto	25	3	11	11	24	46	20
Chicago	22	2	7	13	23	30	19

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	25	13	3	9	35	20	48
Dallas	24	12	6	6	31	24	42
Seattle	24	11	5	8	35	27	41
Colorado	25	9	6	10	35	31	37
Real Salt Lake	21	10	5	6	30	16	36
Chivas USA	23	7	8	8	30	26	29
Portland	22	7	10	5	28	35	26
San Jose	23	5	8	10	25	30	25
Vancouver	23	3	11	9	25	36	18

Note: Three points for a win, one for a tie.
Last night's result
Vancouver 4 Chicago 2
Saturday's results
Toronto 3 D.C. United 3
Chivas USA 3 New England 2
Houston 1 Philadelphia 1
Los Angeles 3 Dallas 1
Portland 1 San Jose 1
Real Salt Lake 3 New York 0
Seattle 2 Kansas City 1

ENGLAND

PREMIER LEAGUE

COMMUNITY SHIELD
Yesterday's result
At Wembley Stadium
Manchester City 2 Manchester United 3

LEAGUE CHAMPIONSHIP

Yesterday's result
West Ham 0 Cardiff 1

FRANCE

LIGUE 1

Yesterday's results
Bordeaux 1 Saint-Etienne 2
Dijon 1 Rennes 5

GERMANY

BUNDESLIGA

Yesterday's results
Bayern Munich 0 Borussia Moenchengladbach 1
Mainz 2 Bayer Leverkusen 0

SCOTLAND

PREMIER LEAGUE

Yesterday's results
Aberdeen 0 Celtic 1
Motherwell 1 Hearts 0

UNDER-20 WORLD CUP

FIRST ROUND

GROUP C
Saturday's results
At Pereira, Colombia
Ecuador 3 Costa Rica 0
At Manizales, Colombia
Spain 5 Australia 1
GROUP D
Saturday's results
At Pereira, Colombia
Nigeria 2 Saudi Arabia 0
At Armenia, Colombia
Guatemala 1 Croatia 0

TENNIS

WTA MERCURY INSURANCE OPEN

At Carlsbad, Calif.
Singles — Championship
Agnieszka Radwanska (3), Poland, def. Vera Zvonareva (1), Russia, 6-3, 6-4.
Doubles — Championship
Kveta Peschke, Czech Republic, and Katarina Srebotnik (1), Slovenia, def. Raquel Kops-Jones and Abigail Spears, U.S., 6-0, 6-2.

ATP LEGG MASON CLASSIC

At Washington
Singles — Championship
Radek Stepanek, Czech Republic, def. Gael Monfils (1), France, 6-4. 6-4.
Doubles — Championship
Michael Llodra, France, and Nenad Zimonjic (3), Serbia, def. Robert Lindstedt, Sweden, and Horia Tecau, Romania, 6-7 (3), 7-6 (6), 10-7 tiebreak.

ATP BET-AT-HOME CUP KITZBUEHEL

At Kitzbuehel, Austria
Singles — Championship
Robin Haase, Netherlands, def. Albert Montanes, Spain, 6-4, 4-6, 6-1.
Doubles — Championship
Daniele Bracciali, Italy, and Santiago Gonzalez (4), Mexico, def. Franco Ferreiro and Andre Sa, Brazil, 7-6 (1), 4-6, 11-9.

ODLUM BROWN VANOPEN

At Vancouver
MEN
Singles — Championship
James Ward (5), Britain, def. Robby Ginepri, U.S., 7-5, 6-4.
Doubles — Championship
Treat Conrad Huey, Philippines, and Travis Parrott (2), U.S., def. David Martin, U.S., and Jordan Kerr, Australia, 6-2, 1-6, 16-14.
WOMEN
Singles — Championship
Aleksandra Wozniak, Blainville, Que., def. Jamie Hampton, U.S., 6-3, 6-1.

CYCLING

TOUR DE POLOGNE

At Krakow, Poland
Seventh (Final) Stage
128 kilometres
1. Marcel Kittel, Germany, Skil-Shimano, two hours, 50 minutes, zero seconds; 2. Peter Sagan, Slovakia, Liquigas, same time; 3. Howard Leigh, Australia, HTC-Highroad, s.t.; 4. Heinrich Haussler, Australia, Garmin-Cervelo, s.t.; 5. Marco Marcato, Italy, Vacansoleil-DCM, s.t.; 6. Lucas Sebastian Haedo, Argentina, Saxo Bank SunGard, s.t.; 7. Nikolay Trussov, Russia, Katusha, s.t.; 8. Ian Stannard, Britain, Sky ProCycling, s.t.; 9. Jan Bakelants, Belgium, Omega Pharma-Lotto, s.t.; 10. Sergey Lagutin, Uzbekistan, Vacansoleil-DCM, s.t.
OVERALL STANDINGS
(final after seven stages)
1. Peter Sagan, Slovakia, 26 hours, 39 minutes, 58 seconds; 2. Marco Marcato, Italy, 26:40:06; 3. Daniel Martin, Ireland, 26:40:06; 4. Wout Poels, Netherlands, 26:40:23; 5. Peter Kennaugh, Britain, 26:40:25; 6. Rinaldo Nocentini, Italy, 26:40:28; 7. Bartosz Huzarski, Poland, 26:40:28; 8. Christophe Riblon, France, 26:40:28; 9. Stephen Cummings, Britain, 26:40:28; 10. Marek Rutkiewicz, Poland, 26:40:32.

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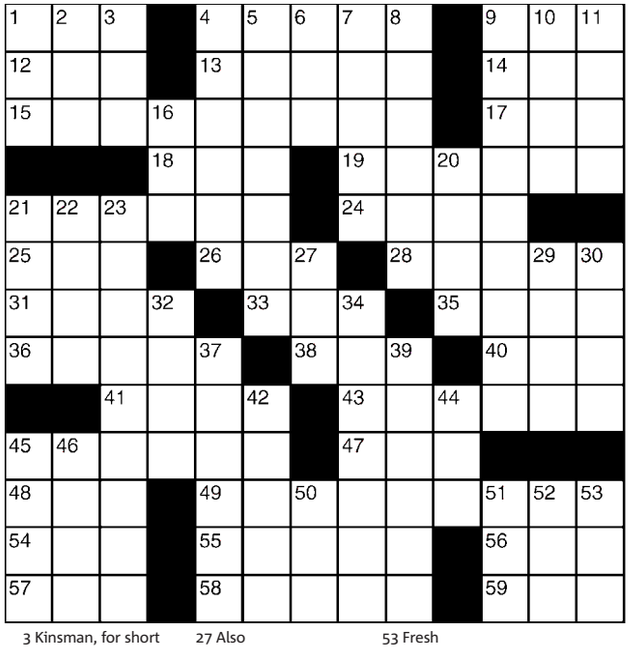
Crossword



Across

1 Bar bill
4 Perspire
9 Use a crowbar
12 Knight's address
13 Actress Berry
14 Fish eggs
15 Alternative to a jail term
17 Eggs
18 Rhyming tribute
19 Vacuum brand
21 Salt companion
24 Opposed to
25 "— Town"
26 Congeal
28 Cord fiber
31 Cattle drive tool
33 Pooch
35 Location
36 Couches
38 Sphere
40 End for ball or bass
41 Western state
43 Basketball's Mr. Mourning
45 PBS "Street"
47 Extinct bird
48 Spoon-bender Geller
49 Raise accompaniment, often
54 Id counterpart
55 Bounded along
56 That girl
57 Boxing promoter King
58 Contest submission
59 Cut the grass

Down

1 Recipe meas.
2 Atmosphere
3 Kinsman, for short
4 Sunglasses
5 Irrigated
6 Inventor Whitney
7 Hawaiian greeting
8 Mortises' mates
9 Conditional stipulation
10 Wander
11 365 days
16 Jazz style
20 Elevator name
21 Bursts
22 Modern-day money
23 Lavish supply
27 Also
29 The gamut
30 Letterman rival
32 Information
34 "Frasier" star Kelsey
37 Taste
39 Sanguinary
42 Egret's cousin
44 Cheerios ingredient
45 Took to court
46 Therefore
50 Choose
51 Doctrine
52 Discoverer's call
53 Fresh

▶ Friday's answer

Yesterday's answer ▶

Sudoku

6			2	3	7			9
					8	3		
	8	3	5			2		
2	6		1		5	9		8
3								5
7		5	3		9		4	2
		6			1	5	2	
		9	7					
8			6	4	2			3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

2	7	5	8	1	4	9	6	3
6	9	8	7	3	5	4	1	2
3	4	1	6	9	2	7	8	5
5	8	3	9	4	7	1	2	6
7	1	9	5	2	6	3	4	8
4	6	2	3	8	1	5	7	9
8	5	7	1	6	3	2	9	4
1	2	6	4	5	9	8	3	7
9	3	4	2	7	8	6	5	1

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Abiw, Te extrano mucho siempre. You are the love of my life and I cannot wait to see you in less than 5 days! You are amazing, and worth the wait. No matter how far and how long the distance, I love you forever. I can't wait to be your wife! xoxoxo, tu amor.
TANS

Mi linda BB! My sister and bestfriend, in less than a week we will be in the DR for your beautiful destination wedding. I wish you infinite happiness and blessings. I am proud of you in every way. TQM Pelotita!
BB

So how is Ottawa treating you these days? Miss you and hope to see you soon in Calgary. cheers..))
FROM ONE WHO HAS CRUSH ON YOU

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Certain people will start playing emotional games over the next 24 hours, but now that you know that, you will be able to avoid getting emotional yourself.

♉ Taurus April 21-May 21 You must not allow others to restrict the way you do things.

♊ Gemini May 22-June 21 Love and laughter are what you need most.

♋ Cancer June 22-July 22 Try not to get so bogged down in your work that loved ones start to wonder if you no longer want them around.

♌ Leo July 23-Aug.23 No one expects you to be perfect, so don't expect it of yourself.

♍ Virgo Aug. 24- Sept. 22 Someone in a position of power, someone whose support you are going to need in the future, can be and should be flattered shamelessly today.

♎ Libra Sept. 23-Oct. 23 Put the finishing touches to something you started a long time ago, then move on to something new.

♏ Scorpio Oct. 24-Nov. 22 Focus on what makes you smile.

♐ Sagittarius Nov. 23-Dec. 21 Make sure your own actions are above reproach.

♑ Capricorn Dec. 22-Jan. 20 Make an effort to stay on good terms with people whose position and influence could be of value to you in the future.

♒ Aquarius Jan. 21-Feb. 18 Do only what feels right to you.

♓ Pisces Feb. 19-March 20. If you let your heart rule your head today there is a danger you could lose out financially.

SALLY BROMPTON

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THE SOUTHWEST TIMES RECORD, KAIA LARSEN/ AP

PAUL CHIASSON/THE CANADIAN PRESS

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